

Cardamom Rose Chocolates

Prep Time: 10 minutes +
Wait Time: 1 hour

Cook Time: N/A

Makes: 20 chocolates

 Gluten-Free
 Nut-Free



I recommend gathering all the ingredients and kitchen equipment you need, washing your veggies, etc. before starting to cook!

Ingredients

- 2/3 cup melted coconut oil
- 1 cup cocoa powder
- 1/4 cup maple syrup
- 1 tbsp rose water*
- 1/2 tsp cardamom powder
- A pinch of sea salt
- 1 tbsp dried rose petals*, for garnish (optional)

Bark toppings:

- 2 tbsp chopped pistachios (optional)
- A pinch of coarse salt

Equipment List

- Mixing bowl
- Whisk
- Spatula
- Chocolate moulds (or a large plate with parchment paper)
- Cutting board/plate to put under moulds
- Measuring cups & spoons

Recipe Notes:

- Rose water can be found at international food stores, or in the international food aisle in big grocery stores.
- Dried rose petals can be found at health food stores.
- You can make these chocolates without the rose water and/or cardamom, or, you can add other flavours instead, like ginger powder, cayenne, chopped nuts etc. Add those at the final stage just before pouring the mixture into your moulds. Make sure not to add any other liquids as it will ruin the creamy texture.
- Once ready, these chocolates need to be kept in the fridge or freezer.



Instructions

It is very important to follow the steps of this recipe; otherwise, the consistency of the chocolate might not turn out right.

Place the coconut oil into a medium bowl and add the cocoa powder.

Mix well with a whisk.

Add the maple syrup.

Mix gently.

Add the rose water, cardamom powder, and salt.

Mix gently.

Place chocolate moulds on a stable moveable surface (cutting board or large plate).

Pour chocolate mixture into the moulds and spread evenly with a spatula.

Garnish with rose petals.

Place in the freezer for 1 hour.

For a chocolate bark:

Place parchment paper on a baking sheet or plate.

Pour the chocolate mixture onto the parchment paper.

Spread with a spatula, then garnish with rose petals, pistachios, and coarse salt.

Place in the freezer for 1 hour, then break into bark pieces.